Journal - March 2016

March 2nd

Woke naturally at 6:45 am

Fitful sleeping. Went to bed at 8:30, up at 11:30, and a few other times during the night.

AM - BM

Weight - 94.8

Temperature - 97.7 - good! coming up a bit!

RE-INTEGRATE CATS CLAW

Take some vitamins every other day...save $$

Goal - have fun

B-fast: oatmeal with mixed berries, flax seed, pumpkin seeds, chia seeds + decaf tea mixed with thyme